



VIRTUAL SENIOR ACADEMY



The Virtual Senior Academy is free! Enjoy educational and fun programs taught by community members of all ages. Enjoy interaction with peers, opportunities for social engagement, continue to be a life-long learner and increase your comfort with using technology.

REGISTER FOR UPCOMING CLASSES TODAY!

❖ Medicare 101

Tuesday, February 16, 2021, 11:00AM - 12:00PM

Medicare 101 delivers the tools and resources to help you choose a Medicare plan that best fits your needs. At first glance, Medicare may seem complicated. But once you understand all its parts, you'll have the tools to help meet your health goals. The course will discuss the different parts of Medicare including Original Medicare, Medicare Advantage, Part D and Supplement plans, and much more information. This is a one-time, one hour course. If you're turning 65- this is the class for you!

❖ Social Justice – Eternal Values Applied to Contemporary Issues

Tuesday, February 16, 2021 12:15PM-12:45PM (REPEATS EVERY TUESDAY)

Join with Rabbi Ron Symons in discussion around the most important issues of our day. More than a current events class, these gatherings afford us the opportunity to ground our perspectives in values that humans have been holding dear for thousands of years and that have the potential to guide us today. Your voice matters if you choose to share. Your presence makes a difference if you choose to show up. People of all types of faith and hope, backgrounds and traditions are welcome.



VIRTUAL SENIOR ACADEMY

❖ **Book Club - Venture Outdoors (or In) with a Memoir**

Wednesday, February 17, 2021, 10:00am - 12:00pm

Join us for a monthly book club meeting discussing our Memoir of the Month with Professor Nicole Peeler of Seton Hill. **No book purchase is necessary.** Carnegie patrons can use their library card to secure an E-book copy through Hoopla.com or you can check out a physical book from the library. The book club will meet on the 3rd Wednesday until May of 2021.

1. Create an account at Hoopladigital.com. Have your library card ready!
2. Enter the title of the book you are looking for in the search and click on the book.
3. Select "BORROW" under the book. A pop-up will tell you that you can borrow the book for 21 days. Select "Borrow Title." You can download the book to a mobile device or click "Read" to begin on your computer. THEN ENJOY!

❖ **Coffee Connect**

Thursday, February 18 2021 10:00AM-10:40AM

Join Age-Friendly Greater Pittsburgh for a virtual coffee get-together. Drop in to chat with new friends and find connection during this time of in-person social distancing. #CoffeeConnectPGH is an ongoing initiative designed to get neighbors talking This virtual session will be a bit different, but the purpose remains the same: to combat isolation and loneliness, which we know impact people of all ages.

❖ **VALENTINES, FLOWERS, AND HEALTH**

Thursday, February 18, 2021, 10:45AM - 11:45AM

What do flowers and valentine's have to do with health and well-being? A lot. In this class i will talk a little bit about the history of valentines and flowers and some of the secret meanings and language of the more common flowers. The focus of the class will be on how flowers help us to gain feelings of calm, love, friendship, joy, beauty, appreciation, connectiveness to others and forgiveness. Looking forward to seeing you in my class.

❖ **It's Not Selfish-It's Self-Care**

Friday, February 19, 2021, 10:00am - 11:00am

When life gets hectic, we often make self-care a low priority. However, not taking care of ourselves can lead to stress and burnout both mentally and physically. We'll explore the components of good self-care and identify opportunities for building self-care.



VIRTUAL SENIOR ACADEMY

❖ **Cupa Joe with Joe**

Thursday, February 25, 2021, 10:00am - 11:00am

Our journey continues on the TMB. We tour a farm-based cheese producer, stand astride the border of France and Italy, see a lammergeyer bird, tour an environmental center, and reach the beautiful Italian village of Courmayeur where we enjoy pizza. Topics of conversation can include tours of food factories we have experienced, large birds we have viewed, and our favorite pizza places. Time again to escape into the Alps, enjoy a Cupa Joe with Joe and relax with some laughs.

❖ **Intergenerational Conversation**

Wednesday, March 03, 2021, 12:00pm - 01:00pm

Welcome to our intergenerational conversation class! This course does not have a lecturer! We are looking for open discussion and learning opportunities by interacting with people from different generations. New participants always welcome! We will be discussing various topics, and suggestions are always appreciated! Ellie and Brianna, both Pitt students, will be facilitators. Both are from Geriatric Psychiatry Neuroimaging Lab. This course is NOT intended to do any research activities (e.g., no data collection).

❖ **Art and Quarantine Stories: Explore Iconic Artworks Throughout History That Relate To Our Current Moment**

Thursday, March 04, 2021, 12:15PM - 12:45PM

Join us for a lunch-time conversation about ways that artists help us to see, think, imagine, and hope, as we talk about current events through the lens of art and culture. Our conversation will be all the richer because of your participation. We welcome people of all backgrounds and opinions.

❖ **Medicare 101**

Tuesday, March 9, 2021, 11:00AM - 12:00PM

Medicare 101 delivers the tools and resources to help you choose a Medicare plan that best fits your needs. At first glance, Medicare may seem complicated. But once you understand all its parts, you'll have the tools to help meet your health goals. The course will discuss the different parts of Medicare including Original Medicare, Medicare Advantage, Part D and Supplement plans, and much more information. This is a one-time, one hour course. If you're turning 65- this is the class for you!

Please log on to <https://virtualsenioracademy.org/> to create a free account, participate in classes and view an updated program calendar.